

the Kingsport Senior Center News



Christmas Lunch 2015



Don't miss our Christmas Luncheon! Please make sure to bring a side dish to feed 10-12 people. Door prizes will be given. You can sign up now in the front office.

Save the Date: Mark Your Calendars

The Kingsport Senior Center will be closed December 24-27 for Christmas Holiday



Tacky Sweater Party at Allandale
(See pg. 5 for more detail)

December 15,
2015

11:30A.M.-
1:00P.M.

Bring a side
dish to share

Sign up now!



Kingsport Senior Center Staff

- **Director-** Shirley Buchanan
Shirleybuchanan@kingsporttn.gov
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- **Branch Coordinator-** Michelle Tolbert
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- **Branch Assistant-** Hannah Baker
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- **Nutrition Site Manager-**
Sutonia Sizemore
246-8060
- **Main Office-** 392-8400

Center News

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.

Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

Location and Hours of Operation

Main Site: Renaissance Building: (423) 392-8400

1200 E. Center Street

Kingsport, TN 37660

Hours of Operation:

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

www.kptseniors.net

Lynn View Branch Site: (423) 765-9047

257 Walker Street

Kingsport, TN 37665

Hours of Operation:

Monday-Friday 9:00am-2:00pm

***The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



WELLNESS

Stepping On

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader- someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications. **Topics include:** Simple and fun balance and strength training. *The role vision plays in keeping your balance *How medications can contribute to falls *Ways to keep from falling when out in your community *What to look for in safe footwear *How to eliminate falls and hazards from your home. **Is this workshop for you?** Stepping On is designed specifically for anyone who: *Is 65 or *Has had a fall in the past year *Is fearful of falling *Lives at home *Does not have dementia. **Did you know?** *More than one-third of people age 65 or older fall each year *Falls are the leading cause of injury and hospitalization for trauma a death among older adults *35% of people who fall become less active *40% of people who enter a nursing home had a fall in the prior 30 days. This workshop will be ever **Wednesday, 9:30A.M. to 11:30A.M., January 27, February 3, 10, 17, 24, March 2, and 9, 2016** in the card room. Sign up will start on Wednesday, December 16, 2015 or call 423-392-8400, there is a limit of 16 seats available. The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery Services/Trauma.

Wellness Seminars

Medicare Advantage Plans: Ginny Jenkins with Smoky Mountain Home Health and Hospice is sponsoring an educational seminar with Dan Campbell, Humana Representative will be at the Center on **Tuesday, December 1, 2015 at 10:30A.M.** in the Card Room. Topic of discussion will be "Medicare Advantage Plans": This seminar will explain the different plans that are keeping your traditional Medicare and adding a Humana supplemental policy. Note: No sign up is required to attend.

Fibromyalgia: Dr. Sonja Starnes with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, January 26, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Fibromyalgia": This seminar will discuss causes, symptoms and treatments of fibromyalgia and how to manage it. This is an event you will not want to miss, so mark your calendar and plan to attend!

Happiness Quote

"There is only one happiness in this life, to love and be loved." ~George Stand

Pesky Parasites

Dr. Andrew Stephen May, Medical Director with the Sullivan County Regional Health Department will be providing an educational opportunity at the Center on **Tuesday, December 8, 2015 at 10:30A.M.** in the Card Room. Topic of discussion will be "Bed Bugs and Scabies": Dr. May will be discussing various aspects of these pesky parasites that may help you answer these common questions: ***What are they? *How do you get them? *How do you know if you have them? *How do you treat someone who has either of these? *How do you get rid of them in your home or elsewhere? *How do you prevent them?**

Tournaments

Table Tennis Tournament: We invite all table tennis players to show off your skills on **Wednesday, December 9, 2015 at 1:00P.M.** in the Gym. This tournament will be doubles playing the best three games, and double elimination with a minimum of 10 to sign up for tournaments to be played. Cost is \$2.00 per person, payable the day of the tournament. Prizes for 1st, 2nd and 3rd place only. Sign up in the office.

Corn Hole Toss Tournament: Come join us for a corn hole tournament on **Wednesday, December 16, 2015 at 1:00P.M.** in the Gym. This tournament will be doubles playing the best three games, and double elimination with a minimum of 10 to sign up for tournament to be played. Cost is \$2.00 per person, payable the day of the tournament. Prizes for 1st, 2nd, and 3rd place only. Sign up in the front office.

Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on **Sunday, January 31, 2016** for Lady Vols vs. Alabama. This game we will be sitting in **section 130**. Cost is \$40.00, which includes your ticket and transportation. We will depart the Senior Center at 10:00A.M. with lunch on your own at Aubrey's in Strawberry Plains. We will have 45 tickets available and (2) ticket limit per person. **Sign up begins Wednesday, December 16, 2015**, so mark your calendars!

Woodshop Hours & Safety Classes

Woodshop hours of operation is Monday, Tuesday, and Wednesday from 8:30A.M. to 3:00P.M. Woodshop safety class is held every 1st Monday of the month in the Woodshop from 9:00A.M. to 11:30A.M. The Woodshop will open at 12:00P.M. on the day of safety class. The Woodshop safety is mandatory if you want to use the equipment, sign up in the office to take the safety class. Note: All woodshop workers ask to come in at 8:00A.M. on Monday, December 21, 2015 to help clean the woodshop, also the woodshop will close for Christmas Holiday on Monday, December 21, 2015 and reopen on Monday, January 4, 2016. If you have any questions, see Kevin.

Daily Activities and Classes at the Center

Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310 (Starts Sept 14)
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – www.scphotogroup.com
- Happy Day Singers: 9:45am
- Clay, Beginning: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Room 302
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickleball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm- Gym

Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Room 302
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am- Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon



Travel and Special Events

Cake Decorating with Buttercream- Monday, December 7, 14, 21, 28th- Card Room- 10:00A.M.- Cost is \$20.00 for 3 sessions paid to instructor Donna Chiemlik- Supply list available at sign-up. Sign up now.

Cake Decorating with Fondant- Wednesday, December 9, 16, 23, 30th- Lounge- 10:00A.M.-Cost is \$20.00 for 4 sessions paid to instructor Donna Chiemlik. Supply list available at sign up. Sign up now.

Bob Ross Style Painting- Wednesday, December 16, 2015- Room 303- 10:00A.M.-2:00P.M.- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. Sign up now.

Beginning Drawing- Friday, December 31, 2015- Room 303- 1:00pm-4:00pm- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up now.

Flower Arranging Class: Holiday Arrangement- Thursday, December 10, 2015-Card Room- 10:30am-11:30am- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

Christmas Tree Decorating Party- Tuesday, December 1, 2015- 2:00p.m.- Atrium- Please sign up in the front office to help us decorate our 12 ft Christmas tree! Will we have light refreshments and Christmas music playing.

Wrapping Party for Be A Santa To A Senior will be held on Monday, December 7, 2015 from 9:30A.M. to 11:00 A.M. in the hallway (Billiards Side). Sarah Faulk with Home Instead will be here with presents that were taken from our tree at the Kingsport Senior Center. We will need members to sign up to volunteer to help wrap the presents for this wonderful program. You may sign up now in the front office.

Cooking with Tracy- Monday, December 4, 2015 at 11:00A.M. in the lounge- Cost is \$3.00 paid at sign up. You may sign up now. Maximum of 16 people.

Italian Style Cooking- Monday, December 14, 2015 at 11:30A.M. in the lounge. Cost is \$3.00 paid to instructor Donna Chiemlik day of class. You may sign up on December 1st. Maximum of 16 people.

Allandale "Tacky Sweater" Christmas Party- Tuesday, December 8, 2015- 6:00p.m.-8:00p.m.- Cost is \$10.00 per ticket and can be purchased in the front office now. Be sure to bring a wrapped \$10.00 gift for the Dirty Santa game. (You do not have to participate in the game if you do not want to) Finger foods will be served along with tea and coffee. We will also have piano music and Margaret Swiney who will be playing hand bells.

We will be celebrating **Elvis's birthday** on Friday, January 8, 2016 in the cafeteria from 1:00P.M.- 2:00P.M. We will be eating Elvis's favorite food; peanut butter and banana sandwiches, chips, ice cold Pepsi and an Elvis Birthday cake. We will also have Elvis karaoke. You do not want to miss this celebration! Sign up begins December 14.

Sherlock Holmes Celebration Day: Scavenger Hunt will be held on Thursday, January 21, 2016 at 1:00P.M. We will start the scavenger hunt in the cafeteria. You and one teammate will try to solve different riddles to find the next clue located throughout the Senior Center building. We will be using all 3 floors; keep in mind we do have an elevator if you cannot climb stairs. Whoever finds the last clue and brings it to the cafeteria will win the grand prize. Please sign up by January 15. Sign up will begin on December 4. *Note: Only 2 people per team (Like the Amazing Race Show).

Dog Show 2016 will be held on Tuesday, February 23, 2016 in the Atrium from 12:30P.M.-2:00P.M. Cost is to bring a donation for the animal shelter (food, blankets, bleach, toys, etc.). You may enter your pet in any of our 10 categories. Categories include: Owner and pet look alike, celebrity look alike, best trick, least obedient, cutest male, most glamorous female, best dressed, best vocal performance, best tail wag, and top dog. Sign up begins January 8.

Travel and Special Events

Barter Theater Presents: “Jacob Marley’s Christmas Carol”

Thursday, December 3, 2015

Abingdon, VA

10:30a.m-6:00p.m.

Cost is \$30.00 for ticket and transportation

Lunch will be on your own at Cracker Barrel

“Marley was dead to begin with. That must be clearly understood or nothing wonderful can come of this story.” Finally we get to hear the tale of Dickens’ A Christmas Story told from Marley’s perspective, which is wonderful indeed.

Desperate and locked in torment of his own creation, Marley gets one chance for redemption. He must redeem his former partner, Ebenezer Scrooge. This begins a journey of laughter and terror, redemption and renewal, during which Scrooge’s heart is certainly opened.

Sign up now.

OTLB: Breakfast at Butter My Biscuit Family Restaurant and a trip to the Blackbird Bakery

Friday, January 8, 2016

Bristol, TN

8:00a.m.-1:00p.m.

Cost: \$8.00 for transportation with lunch on your own.



Sign up now.

Shopping Trip to West Town Mall

Wednesday, December 2, 2015

8:30A.M.-5:30P.M.

Knoxville, TN

Cost: \$8.00 for transportation

Lunch will be on your own inside of the mall.

Sign up now.

OTLB: Green Tomato Grill & Shopping at Homestead Antique Shoppe with stop at Patsy’s Bakery

Friday, February 12, 2016

9:45A.M.-3:30P.M.

Mooresburg & Church Hill, TN

Cost: \$8.00 for transportation. Lunch will be on your own.

Sign up now.

Winter Ice Solstice at the Niswonger Performing Arts and Dinner Location TBA

Sunday, February 28, 2016

Greenville, TN

12:30p.m.-7:30p.m.

Cost: \$45.00 for ticket and transportation with dinner on your own

Winter Ice Solstice visits the NPAC stage! For the first time ever at NPAC, experience an event that will have you frozen to your seat with excitement while watching professional ice-skaters glide across the stage in a unique performance like none other. Take a peek into this winter wonderland and enjoy a magical performance the whole family will love!

Sign up now.

Your Page

From the Dancing Corner

DECEMBER DANCE AT THE RENAISSANCE CENTER ON December 11, 2015

Shooter Band will play your favorite dance tunes on Friday, December 11, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Shooter Band is a 4 piece band with 3 part harmonies on every song. Formerly known as Old Dogs-New Tricks, they are ready to spread the joy of music!

Members of the band are Bass Guitar and Lead Vocalist: Frank Perry. Music is a driving force in Frank's life and he has a wonderful ability to sing with anyone and when he lets his voice loose, everybody knows it. Frank not only holds his own, but he kicks it up a notch. Lead Guitarist and Tenor Vocalist is Dr. Wes Perry, brother to Frank Perry. He does an awesome job on backup vocals as well as on lead vocals for the group. Drummer, Keith Oliver. Well, does a great job keeping the beat for the band. And last, but not least, the newest member to the band, Mr. Lee Gouge. He plays guitar and sings lead and backup vocals. What a talented guitar player and a wonderful addition to the Shooter band.

Start your Holiday celebrations with this enjoyable evening of listening and dancing.

Friends of the Kingsport Senior Center Presents
Friday,
December 11 6:30-10 PM

December Dance

At Renaissance Center
1200 E. Center Street
Kingsport, TN 37660

**Admission
\$5 / person**

SHOOTER BAND
Contact:
423 288-2668

Massage Therapy

Mondays and Tuesdays

9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475
to set up your 30-minute appointment

Cost: \$20.00

Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridemore

Carol Woodard

Pat Breeding

Jean Chang

Carmen Moix

Frances Cottrell

Mary Porter

Sherri Mosley



Biscuits and Bingo at Lynn View Cafeteria will be held on Thursday, December 10, 2015 from 10:30am-11:30am and is sponsored by Legacy Homecare. This is a free event you will not want to miss. Sign up by calling Lynn View Branch Site (Monday-Friday 9:00am-2:00pm) at 765-9047

Please come by the front office to fill out our annual Kingsport Senior Center survey. Your input is greatly appreciated.

News to Use

We are taking donations for the animal shelter thru the month of December. If you have blankets, food, toys, bedding, etc. please bring them by the front office. Thank you.

Christmas Lunch

Tuesday, December 15, 2015

Gym

11:30am-1:00pm

Cost: Bring a side dish to share with 10-12 people

Sign up now.

This year the Sullivan County Sheriff's Auxiliary is conducting its 14th annual Needy Children's Christmas Toy Drive, (Toys from Cops). Last year we provided Christmas gifts for 1025 need children. We have grown every year and expect a larger number this year. The only way we can accomplish our goal of making sure every child in our area has a Merry Christmas is through donations and support from our community. We would appreciate any assistance you can render. Contact Capt. Mark Murph at the Sullivan County Sheriff's Office, 306-3674 or Auxiliary Capt. Alan Long at 408-9924.

Do you have a Facebook account? If so, please like the Kingsport Senior Center Facebook page. Facebook is a great way to check out what is and will be going on at the Kingsport Senior Center.



Recipe of the Month

Crock Pot Cheeseburger Soup

Ingredients:

1 pound ground beef, browned
 ½ cup chopped onion
 ½ cup chopped pepper
 1 can diced tomatoes (14.5 ounce)
 1-teaspoon salt
 1-teaspoon oregano
 ½ teaspoon pepper
 3 cups beef broth
 4 cups diced potatoes
 ¼ cup flour
 1-cup milk
 8 ounces cheddar cheese, shredded

Directions:

1. Combine the beef, onion, pepper, spices, tomatoes, broth and potatoes in your crockpot
2. Cover and cook on low for 8 hours
3. About 30 minutes before its time to eat, combine the flour and milk. Whisk until no lumps remain.
4. Stir into soup
5. Add cheese and stir again
6. Cover and cook until soup is thickened...about 30 minutes.



Computer Classes

Introduction to Office: Word, Excel, PowerPoint and Email. Tuesday & Thursday; December 8, 10, 15, 17 and January 5, 7, 12, 14, 2016 at 1:00P.M. to 3:00P.M. in the Computer Lab. Cost is \$25.00 payable at sign up. Instructor: Charles Harrell. Sign up now.



Manicures

Dobyns-Bennett cosmetology students will be at the center on Tuesday, December 8, 2015 to do manicures. Sign up now.

Library Book Day

No Library Book day until further notice.

**We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

Karaoke

Tuesday, December 15, 2015
4:00pm-6:30pm in the cafeteria

SMILE: Volunteers Wanted

Attend SMILE meeting-
Thursday, December 10 at 2:00pm
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



Benefits of Meditation with Lee Stone



- **Keeps you stress free**
- **Reduces Aging**
- **Adds more hours to your day**
- **Helps you appreciate life more**
- **Helps you feel more connected**
- **Makes you and those around you happier**
- **Improves functioning of your brain**
- **Helps you have a good nights sleep**
- **Improves metabolism and helps with weight**
- **Increases immunity and helps fight disease**
- **Increases your attention span**

Lee Stone teaches this class on Tuesday and Thursday in room 306 at 9:30am. The cost is \$5.00 per class. (Will begin January 5)

Winter Classes 2015

Classes begin week of January 4, 2015 through week of March 21, 2016 unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

Pastor Richard will lead this. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

Core & Posture Belly Dance for Beginners (women only)-

- Thursdays
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing- (Women Only) Wednesday

- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

Camera Club

Please visit website for meeting times. Instructor: Claude Kelly
Website:
www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

Clay (Beginning Hand-Building)

- Monday- January 4 – March 21.
- Sign up starts Dec. 4
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

Clay (Intermediate Hand Building)

- Wednesday- January 6- March 23.
- Sign up starts Dec. 4.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

Clogging (Beginning)

- Thursday
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99.
Supply list available at signup

Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Winter Classes 2015

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

Jam Session

Will be held every Thursday.

Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

Mahjong

- Monday
 - Time: 2:00pm
 - Location: Card Room
 - Instructor: Jean Chang
- Beginners to advanced player's welcome.

Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1st Monday of each month at 9:00am
- Saturday's 9-12

Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

Winter Classes 2015 Branch Site Schedule

Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (Begins Jan. 15)

- Friday
- 6 week class
- Time: 12:00pm-1:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Will be making heartwarming crochet scarf
- #4 worsted weight yarn and size H hook. Limit 6
- (Please sign up by January 11)

Intermediate Crochet (Begins Jan. 15)

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 10:00am-11:00am
- Cost: \$20.00
- Will make crocheted gingerbread tree ornaments, Limit 6
- (please sign up by January 11)

Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

Core Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Corn Hole

- Monday-Friday
- 9:00am-2:00pm
- Lynn View

Artist and Crafters Monthly Breakfast

- 2nd Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

Blood Pressure checks will be held at Lynn View from 10:00am-12noon every 2nd Tuesday of the month

Join us on Thursday, December 3, 2015 for our Open House at the Kingsport Senior Artisan Center Gallery, First Floor at Lynn View Community Center from 5:30PM-7:30PM.

You will enjoy delicious appetizers while you browse our beautiful handmade art. Many of our artists will be present to take custom orders.

Artisan Center Extended Hours:

Dec. 5th- 10:00am-2:00pm
 Dec. 10th- 5:00am-7:00pm
 Dec. 12th- 10:00am-2:00pm
 Dec. 15th-5:00pm-7:00pm
 Dec. 17th-5:00pm-7:00pm

Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View

SilverSneakers Yoga (No Class until further notice)

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

Self Defense

- Tuesday, January 26, 2016
- 12:30pm
- Lynn View
- Please sign up by January 22, 2016.
- This is a free class
- Please call 765-9047 to sign up.

Heart to Heart with Christy

- Thursday, January 21, 2016
- 11:00am-12:00pm
- Lynn View
- This is a free class.
- Please call 765-9047 to sign up.

De-Clutter Your Home

- Thursday, January 28, 2015
- 12:30am – 1:30pm
- Lynn View
- This is a free class.
- Presented by Kim Howell at Visiting Angels
- Call 765-9047 to sign up

Kingsport Adult Education Classes



Adult Education

Job Skills

How to use an iPad

- ❖ Tuesday & Thursday
- ❖ January 5-January 28, 2016
- ❖ 5:00P.M.-7:00P.M.
- ❖ Cost: \$25.00 for members; \$35 for non members
- ❖ Must bring your iPad to class
- ❖ Instructor: Whitney Sensabaugh



whistleOut

Basic Computer Class

- Tuesday & Thursday
- Time: 12noon-2:00P.M.
- Location: Lynn View
- December 8-December 31
- Learn the very basic/beginning on how to turn on the computer and different operating systems; word, email, etc.
- Instructor: Whitney Sensabaugh

Cultural/Arts/Crafts

Beginner Banjo Lessons

- ❖ Thursday's January 7-February 25, 2016
- ❖ Room 303
- ❖ 5:30P.M.-7:00P.M.
- ❖ Cost: \$80.00 for members and \$120.00 for non-members
- ❖ Instructor Tommy Freeman
- ❖ Must bring your Banjo
- ❖ Please sign up by January 4.
- ❖ Sign up begins December 7.

Cake Decorating

- ❖ Thursday's January 14-January 28, 2016
- ❖ Cafeteria
- ❖ 5:30P.M.-7:30P.M.
- ❖ Focus will be on character cakes with buttercream icing
- ❖ Cost is \$20.00 payable to instructor on the first day of class
- ❖ Instructor Donna Chmielnik
- ❖ Please sign up by January 11.
- ❖ Sign up begins December 14.

Health/Exercise

Personal Training with Chris



- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

Tabata- High Intensity Workout

- ❖ Monday's- January 4-February 15, 2016
- ❖ 5:30pm-6:30pm
- ❖ Room 302
- ❖ Instructor: Becky Mills
- ❖ Cost: \$20.00 for 6 weeks class due 1st day of class
- ❖ Pay in senior center office

Piloxing

- ❖ Tuesday's/Thursday's
- ❖ 9:30am
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

Kingsport Senior Center Extended Travel

If you are looking to travel with a group we still have spaces for both our Biloxi/New Orleans bus trip and our Hawaiian Cruise Vacation.

Biloxi/New Orleans- February 1-5

(4 days before Mardi Gras, decorations will be up):

5 days, 4 nights

2 Nights at the Beau Rivage Resort & Casino in Biloxi

4 Breakfasts & 2 Dinners (Beau Rivage & New Orleans School of Cooking)

2 Evening Receptions with Hot Food and Spirits

Casino Bonus Package

Guided Tour of New Orleans

Free Time in the French Quarter

We still have a few spots available full payment due by December 11th.

Price is 549\$ Double Occupancy and \$699 for Single Occupancy.



Hawaiian Cruise May 27th - June 4th

We have several people interested in this cruise and space will be held through December.

Sign up now and give your friend, partner or parents, a wonderful Christmas Present!

This trip includes the airfare and

all transports to and from the airport.

9 Day, 8 Night Hawaiian Cruise Vacation

Cruise on Norwegian Cruise Lines "Pride of America"

Visit: (Honolulu,Oahu), (Kahului, Maui), (Hilo, Hawaii), (Kona), (Nawillwill, Kauai)

5 Islands in One Vacation!

Prices Range from \$3,524-\$4,124 Depending on Cabin Double Occupancy And \$4,899-\$5,999 Depending on Cabin for Single Occupancy.

KSC Travel Committee will be meeting in December to plan several more trips for 2016-2017.

Now is the time if you have suggestions to let us know.

We will present them to the Travel Committee.

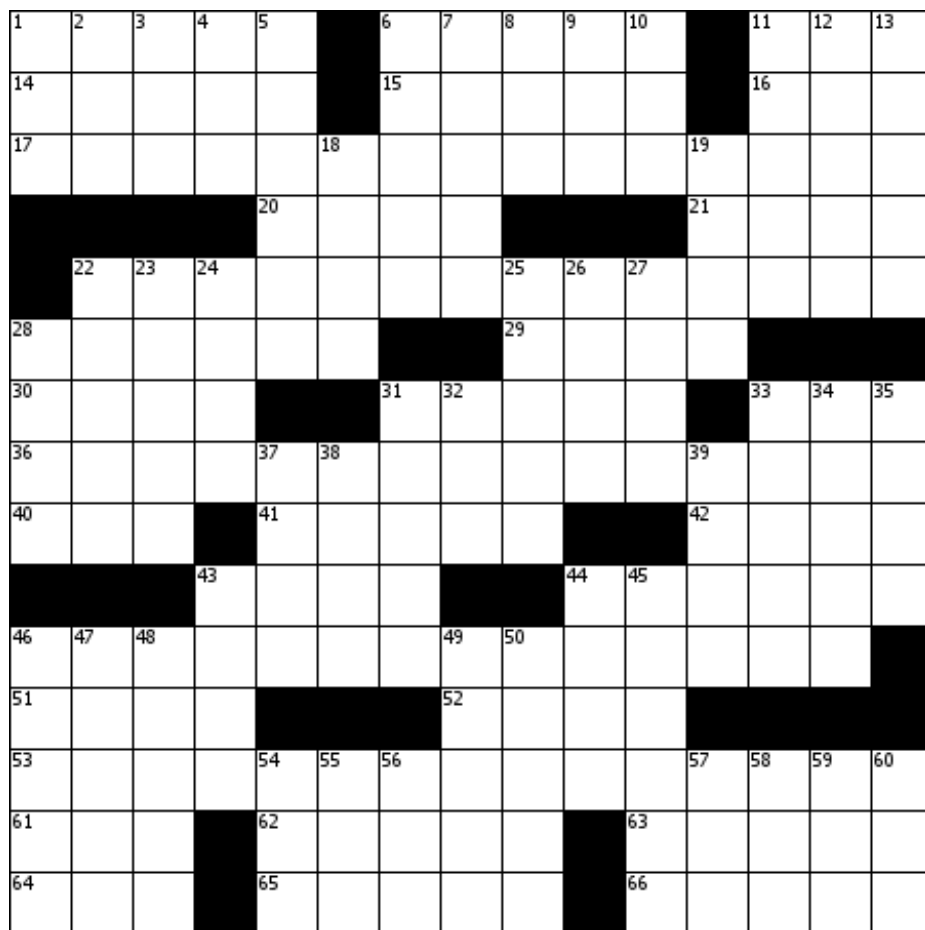
Please write down suggestions and leave them in the suggestion box or at the front desk.

If you have any questions about these trips please call Shirley at 423-392-8403



Across

- 1. Some obligations
- 6. Very, musically
- 11. It's bleu on maps
- 14. Heavenly hunter
- 15. Rock that's pretty funny
- 16. Water cooler
- 17. Cell-phone user's query
- 20. Kind of presentation
- 21. Part of an inheritance?
- 22. "Walking on Sunshine" query
- 28. Loses magnetic flux
- 29. Closeout caveat
- 30. Pub round
- 31. Football helmet feature
- 33. Joke or choke
- 36. Kitchen query
- 40. Diarist Anais
- 41. End on ____ note
- 42. What some games end in
- 43. Inventory unit
- 44. One-third of a turkey
- 46. Cook's query
- 51. Concerning, to a lawyer
- 52. Valuable
- 53. Discussion query
- 61. The big picture? (Abbr.)
- 62. Chart anew
- 63. Not up
- 64. "Curious George" creator
- 65. Things to be filed
- 66. Subdues

**Down**

- 1. Grumpy companion
- 2. Diamond stat
- 3. Recycling receptacle
- 4. First car, for many
- 5. Stuck-up
- 6. Have ____ (talk)
- 7. Word with life or paper
- 8. Madrid Mrs.
- 9. You need some, really
- 10. Patriot follower?
- 11. Sal of "Exodus"
- 12. Low-budget prefix
- 13. Take new vows
- 18. "Topaz" author Leon
- 19. Word with fried and nest
- 22. New ____, India
- 23. It makes waves
- 24. Party animal artist
- 25. "War of the Worlds" world
- 26. Morales of "The Real Thing"
- 27. They may be read or sealed
- 28. The edge of night
- 31. Leveling wedges
- 32. Place to make a name for yourself
- 33. See
- 34. Very similar
- 35. Kind of club
- 37. Former Japanese prime minister
- 38. What you used to be
- 39. "War of the Worlds" world
- 43. Logical beginning?
- 44. Neither fold nor raise
- 45. Mammoth trapper
- 46. Participant in a kid's game
- 47. Two-____ (fast break)
- 48. With dry humor
- 49. Unparalleled
- 50. Office subs
- 54. "Lean on a garden ____" (T.S. Eliot)
- 55. The deep
- 56. UK record label
- 57. "---- Clear Day" (Robert Goulet)
- 58. Creator of a chess champion
- 59. Born
- 60. NFL stats



Mid Summers Christmas Ice Cream Social

Friday, December 4, 2015
1:00P.M.-2:00P.M.
Cafeteria
Free

**Come wish for warmer weather and
enjoy homemade ice-cream, with
toppings, while listening to beach
music and playing fun games.**

The Kingsport Senior Center
1200 E. Center Street
Kingsport, TN 37660

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